

FOR IMMEDIATE RELEASE

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## **Heart-to-Heart Communication for Home and Work**

**GLENDALÉ, Ariz.** –How are your communication skills? Would you like to learn how to:

- Express feelings and needs honestly without creating defensiveness.
- Listen to others and self talk with empathy.
- Transform potential conflicts into peaceful dialogues.
- Learn how to express appreciation.
- Make requests in ways that increase the likelihood of your needs being understood and met through natural giving.

A six-part series of classes, based on the nonviolent communication model that Marshall Rosenberg created, will be held at Velma Teague Branch Library, 7010 N. 58<sup>th</sup> Ave, on consecutive Mondays from 6:30-8:30 p.m., starting Sept. 11.

Using a combination of presentations, exercises alone or in pairs, and class dialogues, participants will gain unique and powerful skills for creating compassionate connections in relationship at home, at work and in the community.

Christine Dove, LCSW, will be the class instructor. She serves as Director of the Office of Justice, Peace and Care of Creation, the Social Action Ministry of the Franciscan Renewal Center. She also directs The Institute for Conscious Connection, where she offers workshop and practice groups in Nonviolent Communication (NVC) and psychotherapy with individuals and couples.

The free series is limited to 20 students. Registration is required; call 623-930-3431 to sign up.

The series is supported with funds granted by the Arizona State Library, Archives and Public Records Agency under the Library Services and Technology Act, which is administered by the Institute of Museum and Library Services.

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